

## CSH Support Corner – Parent & Caregiver Blog January 2023



As we get ready for the holidays, we go through our checklist of all things to be done. What we do not prepare for is the unexpected curve ball that life throws at us. Injuries, illnesses or other major life changes and stressors. It has been that way for me lately.

In October, we started out getting all the fall decorations, pumpkin picking at the farm, going to The Halloween store, and then it was one stressful event after another. My oldest son's Great Dane doggie suddenly died a week before his first birthday in front of him and he was distraught, my mother had two injuries in one week, the second one left us with a change in everyone's life.

Then all my kids were having different issues with their schools. My youngest son ended up getting sick before Halloween and was cleared to attend but I thought not good enough and didn't need to worry so he stayed home from school and we skipped our traditional Halloween this year and saw a movie at the mall ( Lyle, Lyle crocodile) – which by the way was wonderful in my opinion. Then we walked around a little bit and some stores were giving out candy. It was a win-win. Everyone loved the movie and could not stop talking about it even though it is not something that we had planned on we were all able to adapt to our situation.

Thanksgiving was nice but it was not perfect like my unrealistic mind pictured but we were all together and happy and that is the most important thing. Christmas and New Years are around the corner and yes I have my fantasy thoughts of how I want things to be. Matching pajamas or outfits for the whole family displayed on beautiful Christmas cards that are all mailed out in time, picture perfect photos with Santa and there is more visions in my head. In reality though I'm hoping to make the best out of every situation and to look for good in all things.

Last year it was a Merry Covid Christmas. This year I am hoping for health and happiness. If for some reason, the neighbor's dogs eat our turkey as on The Christmas Story movie then we are going out to eat Chinese food. Life can be stressful if you need to de-stress check out our peaceful parent meditation series. Happy Holidays everyone and remember all things work together for good so choose faith not worry and give thanks for all things!